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**Amendments to the Claims**

Please amend Claims 1, 9, 11, and 19. The Claim Listing below will replace all prior versions of the claims in the application:

**Claim Listing**

What is claimed is:

1. (Currently Amended) A headgear system comprising:  
headgear with an upper headgear portion for being worn on a user's head and a lower headgear portion extending from the upper headgear portion for extending forwardly relative to a lower front portion of the user's head and below the user's eyes;  
and  
a display assembly mounted inside the headgear to the lower headgear portion for being located below at least one of the user's eyes so as not to obstruct the user's vision, the display assembly having an adjustable mount and a viewing display mounted to the adjustable mount with direct viewing optics facing the user and positioned inward from the lower headgear portion for displaying information, the direct viewing optics being located on the adjustable mount in a position for being below the user's eyes so that for normal distance vision, the line of sight passes over the direct viewing optics, the information being visible when said at least one of the user's eyes looks downwardly at the viewing display where the direct viewing optics face and are substantially inline with said at least one of the user's downwardly looking eyes, the display assembly being configured to be adjustable by the user while the headgear system is worn by the user for changing the orientation of the viewing display and the direct viewing optics.
2. (Original) The headgear system of Claim 1 in which the headgear is a helmet, and the lower headgear portion is a face bar.
3. (Original) The headgear system of Claim 2 in which the display assembly includes at least one rotatable joint having frictional resistance so that the joint remains in a particular orientation until moved by the user.

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4. (Previously Presented) The headgear of Claim 3 in which the viewing display is sized for viewing by one of the user's eyes when said one of the user's eyes looks downwardly.
5. (Previously Presented) The headgear of Claim 4 in which the viewing display displays images which are focused to appear to be at optical infinity.
6. (Previously Presented) The headgear system of Claim 3 in which the display assembly has a rotatable horizontal axis for allowing the viewing display to be tilted upwardly and downwardly, and a rotatable vertical axis for allowing the viewing display to rotate about the vertical axis.
7. (Previously Presented) The headgear system of Claim 6 in which the display assembly comprises:
  - a base for mounting to the face bar of the helmet, the base having a circular recess that is connected to an entrance slot;
  - a rotatable member having at least a partial circular portion that has a snap fit into the circular recess of the base through the entrance slot, the rotatable member being rotatable within the circular recess about the vertical axis; and
  - two side members extending from the rotatable member, the viewing display being rotatably mounted between the side members along the horizontal axis.
8. (Previously Presented) The headgear system of Claim 7 in which the display assembly is mounted to the face bar of the helmet for being below a first eye of the user, the headgear system further comprising a second base mounted to the face bar of the helmet for being below a second eye of the user to allow the user to select the position of at least one viewing display by snap fitting an associated rotatable member into the desired base.
9. (Currently Amended) A headgear system comprising:
  - headgear for being worn by a user; and
  - a display assembly having a display mounted to the headgear, the display assembly being configured to be adjustable by the user while the headgear system is worn by the user for changing the orientation of the display, the display assembly having a first

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rotatable joint that is rotatable about a rotatable horizontal axis for allowing the display to be tilted upwardly and downwardly, and a second rotatable joint that is rotatable about a rotatable vertical axis for allowing the display to rotate about the vertical axis.

10. (Previously Presented) The headgear system of Claim 9 in which the display assembly comprises:

a base for mounting to the headgear, the base having a circular recess that is connected to an entrance slot;

a rotatable member having at least a partial circular portion that has a snap fit into the circular recess of the base through the entrance slot, the rotatable member being rotatable within the circular recess about the vertical axis; and

two side members extending from the rotatable member, the display being rotatably mounted between the side members along the horizontal axis.

11. (Currently Amended) A method of displaying information to a user comprising:

providing the user with headgear having an upper headgear portion for being worn on the user's head and a lower headgear portion extending from the upper headgear portion for extending forwardly relative to a lower front portion of the user's head and below the user's eyes; and

mounting a display assembly inside the headgear to the lower headgear portion below at least one of the user's eyes so as not to obstruct the user's vision, the display assembly having an adjustable mount and a viewing display mounted to the adjustable mount with direct viewing optics facing the user and positioned inward from the lower headgear portion for displaying information, the direct viewing optics being located on the adjustable mount in a position for being below the user's eyes so that for normal distance vision, the line of sight passes over the direct viewing optics, the information being visible when said at least one of the user's eyes looks downwardly at the viewing display where the direct viewing optics face and are substantially inline with said at least one of the user's downwardly looking eyes, the display assembly being configured to be adjustable by the user while the headgear is worn by the user for changing the orientation of the viewing display and the direct viewing optics for suitable viewing.

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12. (Original) The method of Claim 11 further comprising providing the user with a headgear that is a helmet, and the lower headgear portion being a face bar.
13. (Original) The method of Claim 12 further comprising providing the display assembly with at least one rotatable joint having frictional resistance so that the joint remains in a particular orientation until moved by the user.
14. (Previously Presented) The method of Claim 13 further comprising sizing the viewing display for viewing by one of the user's eyes when said one of the user's eyes looks downwardly.
15. (Previously Presented) The method of Claim 14 further comprising displaying images on the viewing display which are focused to appear to be at optical infinity.
16. (Previously Presented) The method of Claim 13 further comprising providing the display assembly with a rotatable horizontal axis for allowing the viewing display to be tilted upwardly and downwardly, and a rotatable vertical axis for allowing the viewing display to rotate about the vertical axis for adjusting to different users and helmet positions.
17. (Previously Presented) The method of Claim 16 further comprising:  
providing the display assembly with a base for mounting to the face bar of the helmet, the base having a circular recess that is connected to an entrance slot, a rotatable member having at least a partial circular portion being snap fit into the circular recess of the base through the entrance slot, the rotatable member being rotatable within the circular recess about the vertical axis, the viewing display being rotatably mounted between two side members extending from the rotatable member along the horizontal axis.
18. (Previously Presented) The method of Claim 17 further comprising:  
positioning the display assembly to the face bar of the helmet below a first eye of the user; and

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providing a second base mounted to the face bar of the helmet below a second eye of the user to allow the user to select the position of at least one viewing display by snap fitting an associated rotatable member into the desired base.

19. (Currently Amended) A method of displaying information to a user comprising:  
providing the user with headgear for being worn on the user's head; and  
mounting a display assembly having a display for displaying information to the headgear, the display assembly being configured to be adjustable by the user while the headgear is worn by the user for changing the orientation of the display for suitable viewing, the display assembly having a first rotatable joint that is rotatable about a rotatable horizontal axis for allowing the display to be tilted upwardly and downwardly, and a second rotatable joint that is rotatable about a rotatable vertical axis for allowing the display to rotate about the vertical axis.
20. (Previously Presented) The method of Claim 19 further comprising providing the display assembly with a base for mounting to the headgear, the base having a circular recess that is connected to an entrance slot, a rotatable member having at least a partial circular portion being snap fit into the circular recess of the base through the entrance slot, the rotatable member being rotatable within the circular recess about the vertical axis, the display being rotatably mounted between two side members extending from the rotatable member along the horizontal axis.